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BOOK REVIEWS

IN CHARGE OF

M. E. CAMERON, R.N.

OBSTETRICS FOR NURSES. By Joseph B. De Lee, M.D., Professor of Obstetrics in the Northwestern University Medical School, Chicago; Obstetrician to the Wesley, Provident, Cook County, and Chicago Lying-In Hospitals, Lecturer to Nurse Training-Schools of same. Price, \$2.50. W. B. Saunders Company, Philadelphia and London. 4th Edition, 12 mo. 508 pages, fully illustrated.

The fourth edition of this old and well tried friend comes with no changes of importance—the need for a new edition being due to the fact that the earlier ones were exhausted and that the demand for the book made it imperative to re-edit.

A SHORT PRACTICE OF MIDWIFERY FOR NURSES, EMBODYING THE TREATMENT ADOPTED IN THE ROTUNDA HOSPITAL, DUBLIN. By Henry Tellett, B.A., M.D., F.R.C.P.I., Master of the Rotunda Hospital, Extern Examiner in Midwifery and Gynaecology, Victoria University, Manchester; Late King's Professor of Midwifery, University of Dublin; and Gynaecologist to Sir P. Dun's Hospital, Censor and Examiner in Midwifery Royal College of Physicians, Ireland, etc. Price, \$2.50. Paul Hoeber, 69 East 57th Street, New York. New 4th edition.

A text book which has been reviewed in these pages appears, after revision, with little change.

THE CARE OF THE BODY. By R. S. Woodworth, Professor in Columbia University. Price, \$1.00. The MacMillan Company, New York.

This book, says its author, is intended "chiefly for the young man," but we are constrained to protest that it is too good to be consigned to any exclusive class, and that it ought to be shared with all the reading public. Particularly it is to be recommended to what the author terms "the hygienic crank," who, by the way, is advised by Professor Woodworth to give it wide berth. This is because the "hygienic crank" is considered to be the most desperately misguided victim of self-centered thought.

It is indeed refreshing to find a champion of common sense; one who

is willing to stand up and denounce the methods of such a popular and widespread cult as Christian Science, one who calls attention to the truth that Christian Science would not find so wide a field for the demonstration of its tenets, if people would but exercise a little more common sense in the conduct of their lives.

People are careful not to mishandle fire-arms, or touch live electric wires, but they will neglect the simple rules for the rational care of the body, not that we are advised of any universal rule which applies to all humanity, rather each is advised to seek the measure of the rule for himself and follow that without excess. Even this, the author says, may become dangerous in the hands of some, who will, he remarks, "need to be cautioned against *excessive moderation*."

The book is not intended to set forth any cure for the sick, but to teach the ordinary individual the best manner of maintaining a healthy body. To this end the various functions of the human body are discussed, with all the factors which go to keep the entire system in the best working order; the blood, circulation, breathing, food, digestion, wastes and their removal, diet, bodily heat, the nerves and brain, eye, ear, work, rest and recreation. There is a chapter of warning against indulgences, whether in the more innocent forms of tea or coffee drinking, or against the more dangerous abuse of the use of alcohol and tobacco. There is a chapter on the cycle of life; which deals with the reproduction of life.

Finally there is a chapter on disease, explaining the bacterial origin of disease, and the power of the body to resist the entry of disease, or to combat it when it has taken possession, by producing neutralizing substances which kill the bacteria and establish immunity to that particular form of disease.

THE JUNIOR NURSE. By Charlotte A. Brown, R.N., Instructor in the Boston City Hospital; Graduate of the Boston City Hospital and the Boston Lying-In Hospital Training Schools for Nurses; Late Superintendent of the Hartford Hospital Training School, Hartford, Connecticut. Price, \$1.00. Lea & Febiger, Philadelphia and New York.

We frequently hear the complaint that nurses are too greatly concerned in the care of the graduate,—that the nurse in training, the pupil, the candidate for training, meets with discouragement when she seeks for the best opportunity of becoming trained, and that this condition gives a favorable opening for the exploitation of correspondence and short term schools. A book like the *Junior Nurse*, offers reassuring testimony against such disturbing rumor for it is, in itself, a plea for